

What is claimed is:

1. Dried fruit, dried vegetable or that like food, namely dried banana, wherein said food,
 - in a first treatment step, is shredded or chopped into pieces and is predried;
 - in a second treatment step, is subjected to a heat treatment in a vacuum by means of microwave treatment so that a cellular break-up and puffing up of said food occurs for obtaining well hydratable food having an instant character;
 - in a third treatment step, said food is finally dried and packed.
2. Dried food as set forth in claim 1, wherein said heat treatment in said vacuum is performed at an atmospheric pressure, preferably in the range 20-100 mbar.
3. Dried food as set forth in claim 1, wherein said food is milled into food-powder.
4. Dried food as set forth in claim 1, wherein said food is banana.
5. Dried fruit, dried vegetable or that like food, namely dried banana, wherein said food is prepared comprising the steps of:
 - shredding or chopping the food in a first treatment step into pieces and predrying the food;
 - heat treating in a second treatment step in a vacuum by means of microwave treatment so that a cellular break-up and puffing up of said food occurs for obtaining well hydratable food having an instant character;
 - drying and packing said food in a third treatment step.

6. Dried food as set forth in claim 4, wherein said food is milled into food-powder.

7. Dried food as set forth in claim 4, wherein said food is banana.

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